

AFWC Health Education Classes

(60 min; class schedules change monthly and require preregistration)

Upping Your Metabolism *(required prior to metabolic assessment):*

Explore trends and barriers to wellness, review metabolic testing parameters, provide personalized caloric goals, discuss energy balance, describe calorie and activity levels that promote healthy weight, and present tools to track and improve caloric intake and activity.

Fueling for Health:

Learn fundamental components of nutrition, discuss macro-nutrient needs, and understand USDA dietary guidelines and food labels.

Exercise 101: Intro to Programming:

Discuss the components of an exercise plan; receive examples and demonstrations of how to remain active while on the road and at home.

ACFT Performance Optimization:

This class focuses on improving performance in order to not just pass, but excel, in the Army Combat Fitness Test. Provides education on injury prevention, exercise program development, and simple break-downs of the power, strength, endurance, and cardiovascular components of the Army Combat Fitness Test.

Improving Your Fitness *(recommended prior to fitness assessment):*

Learn exactly what cardiorespiratory and muscular fitness is and how we measure each. This class will also discuss what these measures of fitness tell us and exactly how to improve overall fitness and health.

The following classes are scheduled as one-on-one Health Coaching appointments.

Stress Management:

Define stress and explore the impact of stress on health and wellness, review tools for monitoring stress, explore the role of sleep, activity and nutrition on stress, practice stress reduction techniques and sample emWave technology for self-regulation.

Healthy Sleep Habits:

Discuss the importance of sleep, examine the science of sleep, explore methods and resources for achieving better quality of sleep, and develop positive action steps to improve sleep.

Shop This Not That—Healthy Meal Hacks:

Address myths and challenges of preparing healthy meals. Examine tools and strategies to create quick, simple, and healthy meals.